



08

Spring  
clean



13

End the  
suffering



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Keep on  
running

# the newham mag

issue 360 // 24 February – 9 March 2017 // Every fortnight

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# News

## New deal over loans

**Newham Council is set to save up to £94 million after Mayor Sir Robin Wales and members of the council's Cabinet agreed to restructure the council's market debt with a major high street bank.**

The decision means a new deal can be struck with the bank, who will switch their structured loans, known as Lender Option Borrower Option loans, into normal fixed rate loans.

The deal also takes the ability away from the bank to change the interest rate levels at regular intervals over the remaining lifetime of the loans. The new agreement will save the council up to £1.6 million per year on interest payments on these long term loans.

The new deal will also improve the council's credit position thereby reducing the cost of future borrowing. Moreover, it will further stabilise the council's future debt costs, helping to safeguard Council Tax from future increases and protecting council services.

The agreement was made following lengthy negotiations with the bank. Market conditions are now right to strike the deal, which will deliver a clear financial benefit to the council.

The council borrows money to carry out works such as improving the borough's roads and to fund long term assets like buildings such as schools, or bringing homes up to a decent standard.

Government regulations meant long term loans cannot be used to run services.

In 2007 the council, through a series of long term loans from banks, refinanced some of its debt to take advantage of lower interest rates available at that time. Previously the council had been paying more than ten per cent in interest on its loans with the Public Works Loans Board, which lends government money to councils. The new loans helped to refinance this expensive

debt, saving the council nearly £11 million to date in interest payments.

Councillor Lester Hudson, deputy mayor and Cabinet member for finance, said: "As a council, and in line with good stewardship, we are always working to reduce the cost of our borrowing. We have taken independent legal and financial advice on this new agreement and it is now the right time for us to restructure these loans."



Now is the right time to restructure these loans

## Loan deal set to save £94million

# News

## No increase in Council Tax again

Proposals by Mayor Sir Robin Wales to freeze the borough's Council Tax for the ninth successive year have been backed by the council's Cabinet.

The plan, contained in the Mayor's budget proposals, would mean residents paying the same to cover the Newham element of the Council Tax levy from 1 April. The Mayor of London's element is to be agreed.

Sir Robin is also not proposing to increase the Government's adult social care precept which was introduced last year.

The budget proposals, to be discussed by the full Council, see no cuts to frontline services and identify £18.8 million in savings through efficiencies. The proposals would enable the council to collect 120,000 tonnes of household, fly tip and commercial waste, deliver 60,000 housing repairs, offer long term care to 4,100 vulnerable adults and continue the Every Child programme.

Sir Robin said: "This proposed budget balances the books while continuing to deliver for residents." See Page 6.



Spending on Every Child scheme retained



No significant increase in fly-tips

## Bulky waste charge set to stay

Mayor Sir Robin Wales and members of the council's Cabinet have agreed a proposal to retain a £20 charge to collect bulky household waste items after a 12-month trial period proved successful.

The charge allows up to six items to be collected at a time, including fridges, mattresses, and furniture. It remains below the £50 average charged by other London boroughs.

Between April last year and December, the council received 11,786 requests to collect bulky items. The average number of items collected during those calls doubled from 2.1 to 4.1 per request compared to the same period in 2015. During the pilot period there was no significant increase in illegal dumping, littering or fly-tipping.

The proposal was presented as part of the Mayor's budget plans. Sir Robin said: "The charge has saved us half-a-million pounds, which is being redirected to vital services including enhanced street cleansing, lighting and repairs."

# Budget proposes no cuts to frontline services



## ...in brief

### Libraries put on a good show

Hundreds of youngsters aged three and over discovered the joys of storytelling through drama when they attended free fun performances during half-term week across Newham libraries.

Newham Council's community neighbourhood teams and the Open Book Theatre Company teamed up to offer productions of stories by Hans Christian Andersen, including *The Ugly Duckling*, *The Emperor's New Clothes*, *The Nightingale*, and *Thumbelina*.

Councillor Ken Clark, deputy mayor (statutory) and Cabinet member for building communities, public affairs and regeneration and planning, said: "Our libraries are such flexible spaces for a host of community activities. It was great to see so many young people coming to them to have fun for free."

"The stories performed were tales loved by children through the ages. The libraries were the ideal locations for them because they already do so much to inspire the imaginations of our youngest residents."



A performance at Green Street Library in Upton Park

### Advice day supports educational needs

Parents and carers of children and young people with special educational needs and disabilities are invited to an information exchange day being organised by Newham Council and the Newham Parents Co-production group.

Parents and carers will get the opportunity to speak to service providers about what they offer and how they can access support, assistance, advice and information.

The event will be held on Thursday 9 March from 10am to 2pm at the St Mark's Community Centre, 218 Tollgate Road, Beckton, E6. For more details about the event email [susan.gowans@newham.gov.uk](mailto:susan.gowans@newham.gov.uk)

### Get food smart with new app

Newham Council are supporting a Be Food Smart app that has been developed to highlight how much sugar, saturated fat and salt is in everyday food and drink that children consume.

Public Health England's new Change4Life campaign urges parents to take more control of their children's diets. Research shows children in England consume the equivalent of almost three sugar cubes at breakfast time alone, which is half of their recommended daily amount. You can download the app from the iTunes Store or Google Play.

### Match day parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park when West Ham United play there.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in them. Next event days are 6 March (Chelsea) and 18 March (Leicester City).

### Help to beat cancer

Residents and businesses wanting to help others spot the signs of cancer are invited to a Cancer Research UK event on Tuesday 28 February from 1pm to 4.30pm at the Holiday Inn, Stratford City, E20 1GL.

The event is targeted at people who have the opportunity to chat to others through their work such as barbers or hairdressers, café staff, beauticians and pub staff for example. Training will be offered on topics like spotting cancer early, prevention and screening. To register call Priya Yoganathan on **020 433 72786** or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

# Children flock to free performances

# Mayor's view

## Budgeting for our future

It is no secret that in Newham we face a significant financial challenge. It was with that in mind that I presented my proposed budget for the coming year to the council's Cabinet last week.

We have lost almost half of our Government grant funding since 2010 – that's more than £100 million in cuts. And after this year, we still face a further £13 million reduction in our grant up to 2020.

Despite this, what I have put forward balances the books while continuing to deliver for our residents. The proposals will be discussed by full Council but they:

- freeze Council tax for the ninth year in a row
- do not contain an additional social care precept
- save £18.8 million, all without cutting frontline services.

**"In tough times, and in the face of continued cuts, we are still delivering for our residents."**

This budget compares favourably with any council in the country. In a recent poll, 94 per cent of local authorities said they'd be raising Council Tax this year, but we're freezing our part of it again, because it's the right thing to do.

In last year's budget I pledged there would be no cuts to the council's frontline

services, and I intend continuing that commitment.

We will make the savings required through back office efficiencies, by transforming the way we deliver services, through a sensible investment strategy, by generating income for the council, and by pursuing a programme of digital transformation that lets us work smarter.

But of course, the most important thing is what this proposed budget delivers for our residents. Last year, we prosecuted more criminal landlords than the rest of London put together and we issued around a third of all community protection notices in the country, cracking down on

anti-social behaviour.

Crucially, we are continuing to go above and beyond our statutory responsibilities to build resilience in our community by continuing to invest in employment service Workplace to help people into jobs; continuing to support debt advice service MoneyWorks, providing access to fair credit; and continuing to invest in the Every Child programme to offer our kids the opportunities those in richer areas take for granted.

I am proud of what we are achieving. In tough times, and in the face of continued cuts, we are still delivering for our residents.



**In the face of cuts, we are delivering for our residents**





## New loan arrangements are a good deal

You can read in the news section of the Newham Mag that we have agreed a ground-breaking deal with a high street bank to change the terms of some of our Lender Option Borrower Option (or LOBO) loans that will see us saving the residents of Newham up to £94 million.

*“Now is the right time for this council and the people of Newham to restructure these loans.”*

At the time we took these loans out they were the best deal for the council as we had previously been paying more than ten per cent interest on our loans through the Government's Public Works Loans Board.

These loans helped us to refinance this expensive debt – so far saving this council nearly £11 million in interest payments. They formed part of our balanced and award-winning Treasury Management Strategy, which includes a balanced approach to risk.

However, we are always working to reduce the cost of our borrowing – and that is what we have done with this deal.

The agreement, which is in line with our strategy, has huge benefits for this council and the people we serve. It means that

- the debt will become normal fixed rate



**The new deal will help save up to £94 million**

loans – meaning unlike the terms of the LOBOs the bank will no longer be able to change the interest rate levels at regular intervals over the remaining life of the loans

- the council will save up to £1.6 million per year on interest payments – amounting to up to £94 million over the life of the loans
- the council's credit position will improve – allowing us to benefit from a reduction in the cost of borrowing in the future.
- our future debt costs will be further

stabilised – helping to safeguard Council Tax from future increases and protecting the council services our residents depend and rely on.

It has taken robust negotiations with the bank to get to this stage – and we have ensured we are getting a good deal through taking independent legal and financial advice.

Now is the right time for this council and the people of Newham to restructure these loans and that is exactly what we have done.

# Community clean-ups: put in a tidy effort

Residents are being urged to take part in special community clean up days in March organised by Newham Council's Community Neighbourhood Teams as part of our New Deal for our Environment.

A total of 25 events will be held, including clean ups on the Greenway in partnership with Thames Water. The events will take place between Wednesday 1 March and Sunday 5 March across all of the council's eight community neighbourhood areas.

The initiative aims to bring local people and organisations together to help rid areas of rubbish that has been thoughtlessly discarded. Litter picks, rubbish sacks, gloves and any other equipment volunteers may need to use during the clean-up days will be provided, although people are advised to wear suitable clothes.

Schoolchildren, community and faith groups and local councillors will all be taking part. The events, which coincide with the Great British Spring Clean backed by Keep Britain Tidy, also support the council's drive to make the borough cleaner and greener as part of the New Deal for our Environment.

## Among the events being held are:

> **Beckton and Royal Docks** – meet at the access gate to the Greenway, off the south side of Newham Way on Friday 3 March at 2pm. The clean up will run until 4.30pm.

> **Canning Town and Custom House** – meet at the Upper Road entrance to the Greenway at 10am on Friday 3 March. The clean up will run until noon.

> **East Ham** – meet at the junction of Colvin Road and Lawrence Road at 10am on Friday 3 March. The clean up will run until 1pm.

> **Forest Gate** – meet by Maryland roundabout, opposite Maryland Station, Leytonstone Road, at 11am on Sunday 5 March. The event will run until 1pm.

> **Green Street** – meet at Green Street Library at noon on Saturday 4 March. The clean up will run until 2pm.

> **Manor Park** – meet at Manor Park Library, Romford Road, at 10am on Saturday 4 March. The event will run until noon.

> **Plaistow** – meet at the entrance to the Greenway at the junction of Prince Regent Lane and Beaumont Road at 10am on Friday 3 March. The clean up will continue until noon.

> **Stratford and West Ham** – meet at the Greenway at the east side of Stratford High Street, between Abbey Lane and Tesco Metro at 10am on Friday 3 March. The event will run until noon.

Councillor Ken Clark, deputy mayor (statutory) and Cabinet member for building communities, public affairs, regeneration and planning said: "Our community neighbourhood teams work to bring people together to enhance their local areas.

**"I hope as many of our residents as possible come together to volunteer for these clean ups."**

"We are committed to ridding this borough of the rubbish that people carelessly dump on our streets and open spaces. These clean up events help us achieve both of these aims and send clear messages from local communities that they will not tolerate their areas being the dumping ground for others.

"I hope as many of our residents as possible come together to volunteer for these clean ups and join in the other events being run and supported by our community neighbourhood teams throughout the year."

For a full list of the clean-up events visit [www.newham.gov.uk/communityneighbourhoods](http://www.newham.gov.uk/communityneighbourhoods)







London Borough of Newham  
**COMMUNITY  
NEIGHBOURHOODS**



# Working together to find the right track

Newham Council's job brokerage scheme Workplace has placed more than 30,000 Newham residents into jobs since it was set up in 2007. A big part of its success in finding suitable candidates for vacancies is developing relationships with businesses and companies who may have roles to fill.

As an example of that two-pronged approach Workplace hosted an event for residents interested in getting their career on the right track in partnership with Transport for London (TfL) to promote apprenticeship opportunities.

More than 300 people attended the event, which took place at Workplace Westfield, to learn more about TfL apprenticeships. Workplace is Newham Council's successful job brokerage service and now has an office based at Westfield Stratford City. Recruitment teams from both organisations were available and held job application support sessions and spoke to those who were interested in pursuing apprenticeship opportunities.

**"This is an example of how the regeneration in the borough is creating opportunities for Newham residents."**

TfL's director of asset management for surface transport Dana Skelley OBE opened the event along with Councillor Terry Paul. It was the first event of its kind TfL has held in Newham. TfL are due to move to Stratford's International Quarter London later this year.

As part of the TfL scheme, there are a number of apprenticeships available across different areas including; Project Management; Transport Planning; Quantity Surveying and Crossrail Operations Engineering. Qualifications range from Level 2 to Level 6 with a starting salary from £17k per annum as a minimum. Depending on the scheme, applicants need to a minimum of either 16 or 18. There is no upper age limit.

Councillor Paul said: "This was an excellent event and it was great to see so many people

wanting to find out more about the different apprenticeships on offer. This is an example of how the regeneration in the borough is creating opportunities for Newham residents.

**"Our apprenticeships offer a great pathway for those who want to try something different and rewarding."**

"Workplace will continue to work closely with TfL and other organisations moving into the borough to ensure that Newham residents benefit."

Dana Skelley OBE, said: "It was great to see so many people from Newham at the event being inspired to join the transport industry. Our apprenticeships offer a great pathway for those who want to try something different and rewarding."

Workplace offers free advice and support to Newham residents looking for employment, training and work experience opportunities. It also offers a comprehensive service to support the needs of local people. In addition to employment support, it also offers support that ranges from Housing Benefit and debt advice and a specialised young persons team.

For more information or to register for opportunities, contact Workplace on **020 3373 1101** or visit **[www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)**

For more information about TfL apprenticeships, visit **<https://tfl.gov.uk/corporate/careers/apprenticeships>**









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Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ  
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT  
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN  
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

\*Terms and conditions apply. Prices vary from centre to centre. No joining fee offer valid until the end of the month specified.  
<sup>†</sup>This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances,  
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# Zero Tolerance to FGM

Newham Council's provider organisation, Manor Gardens Female Genital Mutilation (FGM) Prevention Service, recently hosted an event at Stratford Library to mark the International Day of Zero Tolerance to FGM. Developed in collaboration with the council's community neighbourhood link workers, the event was attended by more than 80 people with an interest in working together to eliminate the practice.

Activities included information and updates from experts in the field and a celebration of achievements from Newham's FGM Community Champions, all of whom are volunteers.

**"FGM has a devastating impact on all those who are affected by it."**

FGM is a violation of the human rights of women and girls and a form of child abuse. This illegal practice

has significant long term health impacts on the wellbeing of survivors, often leading to physical disability, psychological harm or even death. It is estimated that more than 4,000 women and girls in Newham have experienced some form of FGM.

Councillor Lakmini Shah, Cabinet member for domestic violence, said: "FGM has a devastating impact on all those who are affected by it. That's why it is vital that the council, our provider organisations and the excellent FGM Community Champions come together at events like these to tackle the issue head on."

If you or someone you know has experienced FGM, and you would like some advice or support, email Manor Gardens Prevention Service at [newhamfgmsupport@manorgardenscentre.org](mailto:newhamfgmsupport@manorgardenscentre.org) or call **020 3384 9413**. In addition to one-to-one support, the service also offers workshops about FGM for religious or community groups and safeguarding training for professionals like teachers, social workers, health professionals or anyone else who cares for girls or women who might have been affected by FGM.





# Plaque honours **Mr West Ham**

In the latest event to celebrate our heritage Newham Council has unveiled a blue plaque commemorating West Ham United's second full-time manager Charlie Paynter.

Charles Paynter, known as 'Mr West Ham', managed the club between 1932 and 1950 after succeeding Syd King. He is the club's second longest serving manager and led them to their first ever victory at Wembley – a 1-0 Football League War Cup final win over Blackburn Rovers in June 1940.

A ceremony to unveil the plaque took place at the house in Ladysmith Avenue, East Ham, where he and his family lived after moving from the West Country when Charlie was a child. Newham Council is replacing street signs or adding plaques

to buildings to highlight people, places, and events with significant historical links with the borough.

**"The plaque is a fitting tribute to his contribution both to football and, more generally, the people of Newham."**

Charlie first became involved with West Ham United in 1897 as a teenage volunteer when the club was still Thames

Ironworks. He joined the Hammers as a young player in 1900. A knee injury meant he retired without making a first team appearance.

Although still in his teens Charlie was appointed reserve team trainer in 1902, before being promoted to first team trainer when Syd King was appointed first team manager. When King left Paynter replaced him. He remained manager until 1950 when he handed the reins to his hand-picked successor, Ted Fenton. Charlie died in December 1970 aged 91. In 1950 to mark his 50 years service at





the club, West Ham staged a testimonial match for him against Arsenal. It was the first ever testimonial to be hosted by the club and among the guests was Forces Sweetheart Dame Vera Lynn who had lived next door to Charlie.

In her autobiography, *Some Sunny Day*, Dame Vera mentions how, at the age of seven, Charlie promised her a West Ham medallion if she sang in public. She did sing in public and Charlie kept his promise.

Councillor Ken Clark, deputy mayor (statutory) and Cabinet member for building communities, public affairs, regeneration and planning, said: "Charlie Paynter is an iconic figure in the history of West Ham United. He showed amazing dedication to the club, helping them win their first trophy. For these reasons alone it is only right and proper that we mark his achievements with a lasting memorial.

"Charlie is one of a host of famous people including sporting greats, philanthropists and political figures that have called Newham home. We want to

highlight their time in the borough and blue plaques are a perfect way of doing just that."

**"Charlie is one of a host of famous people including sporting greats, philanthropists and political figures that have called Newham home."**

The unveiling ceremony was attended by members of Charlie's family, including grandsons Alan and Bob, and members of the Akram family who now live in the house. Grandson Alan said: "My grandfather was totally dedicated to West Ham all his life. The plaque is a fitting tribute to his contribution both to football and, more generally, the people of Newham."

West Ham United co-chairman David Gold also attended. He said: "I am

delighted that Newham Council have chosen to honour Charlie in this manner. It is fitting recognition for a man who did more than anyone to establish West Ham United as one of the greatest football clubs in England.

"Charlie was instrumental in so many milestones for the club, including the transition from Thames Ironworks to West Ham United, our election to the Football League in 1919, the first Wembley FA Cup final in 1923 and our first trophy, the Football League War Cup in 1940. More than that, he managed every aspect of West Ham United during his 18 years in charge, and introduced a style, discipline and professionalism that paved the way for the club's future success. He truly was Mr West Ham."

**For more information about heritage in Newham visit**  
[www.newham.gov.uk/heritage](http://www.newham.gov.uk/heritage)



Charlie as a player in 1900



Charlie as a trainer in 1905



Charlie as a trainer in 1928



# What bin should you put it in?



**Use the Newham Recycleopedia to find out what items can be recycled in Newham.**

Please visit **[www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)** and enter your postcode and the item into the recycleopedia.



# Yellow warning: steer clear of penalties

**Newham Council is determined to ensure that visiting, staying and, travelling through the borough is as safe, comfortable and convenient as it can be.**

To help us achieve this goal we are spending a record £100 million on improving roads, footpaths and street lighting over the next ten years.

As part of our commitment to Keep Newham Moving and reduce traffic congestion we are toughening enforcement of yellow box junctions. We have already introduced a rolling programme linking the junctions to state-of-the-art video-evidence cameras. The evidence from them will be reviewed by fully trained officers,

and if appropriate, a Penalty Charge Notice issued by post. This charge is £130 reduced to £65 if paid in 14 days.

**“We want all our residents to be able to get around the borough easily”**

Yellow Box junctions are indicated by criss-crossed yellow lines painted on the road. They are live at 30 locations across the borough and motorists have been issued

with warnings if they flout the law. From now on, they will face fines.

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: “We want all our residents to be able to get around the borough easily. Blocking yellow box junctions can be a hazard for motorists, cyclists and pedestrians and obstructs emergency services. That is why we are introducing new systems to catch and deter drivers from breaking the rules.”

## **How to use a yellow box junction:**

You may enter a yellow box junction when your exit is clear and there is space on the other side of the junction for your vehicle to clear the box fully without stopping.

You can stop in a yellow box junction when turning right IF you are prevented from turning by oncoming traffic, or by other vehicles waiting to turn right.

Don't simply follow the vehicle in front as it may stop and prevent your exit.

Don't let other drivers pressure you to enter the box when a clear exit is not available.







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## Looking for employment or training opportunities?

Workplace offers free advice and support to Newham residents seeking employment, training and work experience opportunities.

Workplace has helped fill more than 33,000 jobs with Newham residents since 2007.

Speak to our engagement team for the latest opportunities.

**020 3373 1101**

**[www.newhamworkplace.co.uk](http://www.newhamworkplace.co.uk)**

**[Workplace.EngagementTeam@newham.gov.uk](mailto:Workplace.EngagementTeam@newham.gov.uk)**

**Workplace, 112-118 The Grove, Stratford, E15 1NS**

Mayor of  
Newham

## Special Educational Needs and Disability 0-25 Information Exchange Day, 9 March 2017

An event for parents and carers and those looking after children and young people with Special Educational Needs and Disabilities. Come and meet providers from a range of local and national services.

**10am – 2pm**  
**St. Marks Community Centre,**  
**218 Tollgate Road, Beckton E6 5YA**

London Borough of Newham and Newham Parents  
Co-production – working in partnership.  
Contact **[susan.gowans@newham.gov.uk](mailto:susan.gowans@newham.gov.uk)**

Newham London





[illegible]

19

# Looking after your

**Newham Council, like many local authorities, is faced with making millions of pounds of savings while continuing to perform vital services for our residents. One of the ways that we are rising to the challenge is to create small limited businesses which perform key services like catering or cleansing while generating extra income.**

Public Realm Services Ltd (PRS) is just one of those companies which provides street cleansing, drains clearance and estates management services in the areas of Canning Town, Plaistow, Custom House, Beckton and Royal Docks. Although owned by the council, it is also able to look for opportunities to generate additional income.

**“We provide vital services while generating additional income to help meet financial targets and re-invest in the company and staff development.”**

PRS has been running since December with an experienced staff of 110 who know their area and use a fleet of 30 vehicles, ensuring that high standards of cleaning are maintained and, where possible, improved on. They are responsible for a range of activities from road sweeping, removing fly-tips to clearing up waste materials in the aftermath of an accident, caretaking functions and estate management. The company is also responsible for clearing up spilt fluids or shattered glass in the aftermath of a road accident.

At the helm of PRS is Doug Wilkinson, managing director, who said: “The scope of what we do is quite wide and varied, but equally when needed, we are very much a support service to the emergency services.

“I know that Mayor Sir Robin Wales fully supports this external business because the benefits include the sharing

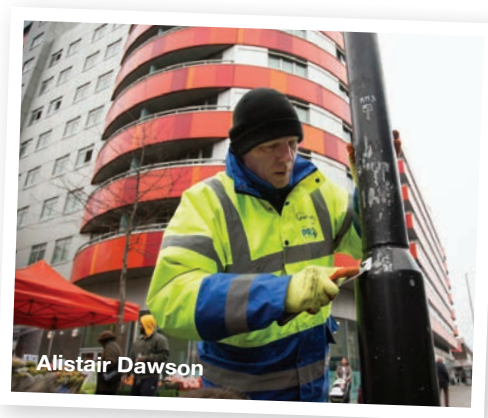
of any profits we make with the council. It becomes a win win situation – we provide vital services while generating additional income to help meet financial targets and re-invest in the company and staff development. The beauty is that as a separate trading company we have the ability to tender for private work and are free to look for further opportunities to generate additional income.

“At the same time it is about being competitive in the marketplace and providing training and development for staff. What I want to do is to have a company that can grow and create employment.

“We are committed to embracing co-operative principles and our staff have already been involved in decisions about which type of new technology we should use for gully cleansing. As the business develops, staff will be more involved in the future direction of the company, with plans to have a member of staff on the board of directors.”

**“What I want to do is to have a company that can grow and create employment.”**

Doug relies on a team of skilled and experienced staff, many of whom have known the borough for many years. One of them is Alistair Dawson, formerly known as the Graffiti man, on account of the fact that for many years he sported a red Mohican hair style, making him instantly recognisable across the borough where he was responsible for removing colourful messages and other images.



Although he no longer has such a distinctive hair style Alistair is still just as committed to doing everything he can to keep Newham clean. Alistair, 51, is part of the deep cleansing team and is still removing graffiti, as well as fly-posts, dead animals, glass or oil spills.

Alistair said: “The stickers and graffiti do bother me because there’s no need for it. There are places where the graffiti is done professionally but then the ‘yobs’ come along and it becomes an eyesore. I don’t like seeing the graffiti, especially the offensive stuff when there are children nearby.

“The stickers are a blight. As soon as you clear them, they go up again. I know they will be back again and so will we. It is an ongoing battle and it’s one that I am not going to give up on.”

**To report any issues with street cleaning or dumped rubbish in Canning Town, Plaistow, Custom House, Beckton and Royal Docks go to [www.newham.gov.uk/streetcleaning](http://www.newham.gov.uk/streetcleaning) or via the Love Newham app.**



# realm



Doug Wilkinson, PRS managing director, with some of his staff





# Make a run for it

Newham residents now have the chance to find out what it feels like to be an Olympian with 1,000 FREE places available for the Simplyhealth Great Newham London Run in July.

Mayor Sir Robin Wales, has once again secured free places for the annual event in Queen Elizabeth Olympic Park, which finishes in the London Stadium. The event is now a firm fixture in the running calendar, and will take place on Sunday 2 July.

As well as the 1,000 free spaces for the 10km run, there will be 250 places for people wanting to take part in the 2.3km Simplyhealth Great Newham London Family Run, which is also staged on the day. The

free places for both events will be allocated on a first come, first served basis.

Last year more than 15,000 runners took part in the two events which culminated in competitors crossing the finish line in the former Olympic Stadium.

Now in its eighth year the run is part of the national Great Run Series, founded by former Olympic 10,000m Bronze medallist Brendan Foster CBE. It was announced this year that Simplyhealth has become

the new title sponsor of Great Run, the UK's biggest mass participation running events series.

The 10km route starts beneath the ArcelorMittal Orbit and takes in the Lee Valley Velopark and London Aquatics Centre before runners enter the Stadium for a lap around the track. The Family Run starts on the South Lawn and also finishes in the Stadium.

Competitors are encouraged to take





family and friends to cheer them as they enter the Stadium and finish the race. Everyone finishing the 10km will receive a bag with a t-shirt and medal. The Family Run starts after the 10km event has finished with everyone completing the course receiving a medal.

**“I am delighted that once again we have secured free places for Newham residents to take part in this prestigious and unforgettable event”**

Those who do not get a free place can book their spot in the 10km run for £32 and in the family event for £9 per person. You must be 15 or over to take part in the 10km run, and five or over to take part in the family event.

Sir Robin said: “I am delighted that once again we have secured free places for Newham residents to take part in this prestigious and unforgettable event.

“The event has grown over the years and our aim is to make this as big as the Simplyhealth Great North Run. What better incentive could there be for people to take part in the Simplyhealth Great Newham London Run than the opportunity to run in the former Olympic Stadium?”

Brendan Foster, chairman of the Great Run Company, said: “We can’t wait to welcome the residents of Newham to the start line of this year’s event.

“The Simplyhealth Great Newham London Run is a celebration of everything that’s fantastic about this borough and it’s a great way for the whole family to get active and enjoy the incredible facilities on your doorstep in Queen Elizabeth Olympic Park.”

In total more than 20,000 people took part in events over the Great Newham

London Run weekend last year, including those taking part in the Go Run For Fun event for schoolchildren and the Corporate Team Relay for businesses.

**“We can’t wait to welcome the residents of Newham to the start line of this year’s event”**

To apply for the free places, which are non-transferrable, visit **[www.greatrun.org/newham-residents](http://www.greatrun.org/newham-residents)**

**For more information on the Great Newham London Run visit [www.greatrun.org/great-newham-london-run](http://www.greatrun.org/great-newham-london-run)**





# The Gospel Oak to Barking route re-opens on Monday 27 February

27  
February

Network Rail has been working on the Gospel Oak to Barking London Overground route as part of TfL's improvement plan to enable new longer trains to run from 2018.

For more information about TfL's improvement plan, search  
TfL London Overground closure

MAYOR OF LONDON



## London Borough of Newham Education for Year 9 pupils

Parents and carers of Year 9 pupils have the opportunity to apply for their child to transfer to a school for those aged 14-19.

**University Technical Colleges (UTCs)** – Innovative, high-quality educational settings that combine technical, practical and academic learning. In doing so, they offer students more than the traditional GCSE and A Level curriculum.

**Studio Schools** – A new concept in education, which seeks to address the growing gap between the skills and knowledge that young people require to succeed. Studio Schools pioneer a bold new approach to learning which includes teaching through enterprise projects and real work.

There is currently one UTC – London Design and Engineering – in Newham, plus Elutec in Barking and Dagenham, and Mulberry UTC in Tower Hamlets. Many more are a reasonable distance from the borough and offer a wide range of specialisms.

If you are happy with your child's current school you do not need to take any action, but you might want to consider finding out a little more before making your final decision.

For more information please visit [www.utcolleges.org](http://www.utcolleges.org) and [studioschoolstrust.org](http://studioschoolstrust.org)



## What's on in Newham

Download the free app

Available from Apple App Store and Android Google Play Store

Or visit [www.newham.gov.uk/communityevents](http://www.newham.gov.uk/communityevents)



**thenewhammag**

To advertise here call Julie Madell  
on 07890 529 090 or email  
[julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)



# Child's play: learning to respect rights

Newham is known as a diverse, multi-faith borough in which the 300,000 plus residents get along and co-exist with each other through a spirit of respect and understanding. For us to continue to work together and thrive as a successful resilient community we must practise those values.

And what better time to teach us about these values than when children are young and at school. Colegrave Primary School has become among the first in the borough to be awarded the Rights Respecting School Award, an initiative run by UNICEF UK. The project encourages schools to put the UN Convention on the Rights of the Child at the heart of its ethos and curriculum.

**“We are continuing to build an environment which nurtures our children’s talents, keeps them safe, helps them thrive and enriches their learning.”**

As a result, the school, which is based in Stratford, has embedded children’s rights into its curriculum and moved away from punitive punishments and introduced the restorative justice approach.

Now children have better self-esteem,

more respect for each other, better achievements and attendance and an understanding and respect of religions, cultures and beliefs and abilities different to their own.

Nelson Ganeshwaran, Year 4 leader at the school, said: “Here at Colegrave we are continuing to build an environment which nurtures our children’s talents, keeps them safe, helps them thrive and enriches their learning. UNICEF has shown that when children are taught about their rights under the (UN) Convention on the Rights of the Child, they are more respectful of the rights of others.”

The award is granted by UNICEF UK to schools that have shown good progress towards embedding children’s rights into the school’s policy, practice and ethos.





# Registration service relocation

From **20 March 2017** the following registration services will be moving to **East Ham Customer Service Centre and Library** and will no longer be available at **Plashet Grove**.

- Birth registration and Re-registration
- Death Registration
- Registering Still births
- Notice of Marriage and Civil Partnerships
- Nationality Checking Service

You can save time by booking your registration service appointments online.  
Please visit [www.newham.gov.uk/registeroffice](http://www.newham.gov.uk/registeroffice)

funded by

Are you  
juggling your  
monthly  
finances?

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Speak to us about:  
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020 8430 2041

[www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk)

**MoneyWorks, Unit 61-62  
Stratford Centre, E15 1XF**

Mayor of  
Newham



# Get ready for **World Book Day**

**Newham's libraries are gearing up for a celebration of books and reading for this year's World Book Day on 2 March.**

Children and adults are in for a treat with special themed storytelling sessions for the under-fives at the borough's libraries. At Stratford Library several hundred lucky youngsters will also discover the joy of reading with the help of TV comedian Julian Clary as part of a special event to mark World Book Day.

The event is held every year in more than 100 countries worldwide to celebrate the enjoyment of books and inspire children to read. This year it will fall on Thursday, March 2 and Stratford Library will be hosting two author events on that day in collaboration with Discover Children's Activity Centre. Local primary school children, 200 for each session, have booked to attend these events.

Cressida Cowell, creator of the wildly popular *How To Train Your Dragon* book series, will host a session at 10.30am. She will be followed at 1.30pm by comedian, writer and entertainer Julian Clary and illustrator David Roberts who will introduce children to *The Bolds to the Rescue*, a new adventure about a family of hyenas living in an ordinary suburban street.

**Beckton Globe, Green Street, Stratford, Forest Gate, Plaistow and Manor Park libraries will run**

– Under 5s storytelling 10.30-11.30am / World Book Day quiz 5-6pm

**East Ham Library will host**

– Under 5s storytelling 9.30-11.00am /

World Book Day quiz 5-6pm

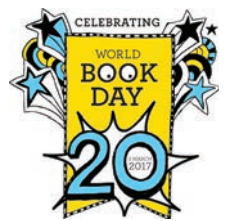
**North Woolwich Library will run**

– World Book Day quiz 5-6pm

**Canning Town Library will host**

– Under 5s storytelling 1.15-2.15pm / World Book Day quiz 5-6pm

For more  
information  
about libraries  
visit [www.  
newham.gov.  
uk/libraries](http://www.newham.gov.uk/libraries)





# Fostering

Want a career that fits in with family life?  
Enjoy looking after children?  
Have a spare room?

With a weekly  
allowance of up to £450  
per child, fostering  
could be the answer.

**0800 0130 393**

[www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)







# Help shape your borough's future

**All local authorities across the country have a Local Plan which helps shape and map the future of an area. Newham's Local Plan sets out the council's plans to make the best use of available space and opportunities, ensuring that the benefits of development are shared equally across the borough and respond to local needs.**

To be sure that our Local Plan responds to current issues we are reviewing it. While much of the plan is working well and will remain the same, review provides an opportunity to update and add site allocations and modify policy requirements to address new issues and opportunities.

We have now launched the first formal consultation of the review, looking at a two-part document known as 'Issues and Options'. The first part covers eight themes (setting out what the Local Plan already does, what we know about resident' concerns, where we think there is room for improvement,

and options to make these changes); the second part updates and identifies development sites which will help deliver the vision of the plan and bring investment to the borough.

The eight themes cover issues such as how infrastructure will keep up with growth, the appropriate location and height of tall buildings, air quality, how to deliver homes, and where connections within the borough can be improved.

The six-week consultation is your opportunity to comment on the issues and sites discussed, and tell us whether you think the options we are

proposing are right for the borough and capture all opportunities to enhance it.

The consultation runs from 24 February to 7 April.

Visit [www.newham.gov.uk/planningconsultations](http://www.newham.gov.uk/planningconsultations) to see the document and find out how to respond.

For more information about the Local Plan and process of review visit [www.newham.gov.uk/localplan](http://www.newham.gov.uk/localplan)



## Fund to help good causes is open

The Aspers Good Causes Fund, set up by Aspers Casino in Stratford and Newham Council to support community projects that help residents to build confidence and skills and improve community life in Newham, is now inviting applications for funding.

The programme opened in 2013 to any not-for-profit organisation working in the fields of education, art, dance, music, sport and the environment. Since then, 62 projects have received awards.

The 2017 programme is now open for applications, for small grants up to £1,000 or larger grants up to £8,000. You have until 5pm on 16 March to apply. Organisations should be based or working in Newham, and any projects proposed must benefit borough residents.

You can visit [www.newham.gov.uk/goodcausesfund](http://www.newham.gov.uk/goodcausesfund) to apply or to download an application form. For more details email [goodcausesfund@newham.gov.uk](mailto:goodcausesfund@newham.gov.uk) or call 0203 373 6019.



Last year's recipients

## MAKE A SPLASH FOR CHARITY

Olympic gold medalist Duncan Goodhew and sporting soprano Laura Wright want Newham residents to jump in and take part in the world's biggest annual fundraising swim.

Swimathon 2017 will help raise vital funds for Marie Curie, the UK's leading charity for people living with a terminal illness and their families.

The event will take place at more than 600 pools in the UK, including East Ham Leisure Centre, across the weekend of 8-9 April, and is extra special this year as Swimathon will be celebrating its 30th anniversary.



Laura and Duncan

Duncan Goodhew said: "This year, Swimathon again provides a fantastic opportunity to bring together swimmers of all ages and abilities to raise vital funds for Marie Curie to continue their work caring for people living with any terminal illness, and their families."

For more information about Swimathon including how to sign up visit: [www.Swimathon.org](http://www.Swimathon.org)





## Brilliant pupils 'graduate' from Cambridge

A group of Year 6 pupils from Godwin Junior School 'graduated' from Cambridge University after taking part in the Brilliant Club's Scholars Programme.

The project gives children the opportunity to visit the country's top universities, see world class facilities and meet current students, to encourage youngsters from all backgrounds to realise that university is an option for anyone with academic ability.

The 12 children visited King's College London and took part in regular meetings in the autumn term with a PhD tutor to study the intriguing topic, 'How many engineers does it take to make ice cream?' They also had to complete, working independently, a final 1000 word assignment.

Maureen Gould, assistant head teacher at the Forest Gate school, said: "We are extremely proud of all 12 children and will be holding our own graduation event in school in the near future so that their parents, carers and the whole school community can witness their success."

## RESIDENTS ATTEND FLAG RAISING EVENT

Residents in East Ham joined Newham councillors at the steps of Newham Town Hall for an annual flag raising event to celebrate the national day for Saint Lucia.

The flag raising event was witnessed by members of the Saint Lucian community and Councillors Unmesh Desai and Lester Hudson, deputy mayor.

It was followed by the singing of the national anthem, prayers and a reception where guests continued the celebrations. The event, which is an annual occurrence, was organised by Justin Moore, MBE, who established the event in 2007. Since then, other organisations have joined in the celebrations and have contributed to the success of the ceremony.

Justin, who has been a magistrate for more than 25 years, was recently awarded the Freedom of the City of London.

Saint Lucians mark the occasion with religious activities, parades and rallies, cultural and sporting events.



## CAST VOTES FOR INSPIRING ARTISTS

The borough's residents are being urged to vote people and organisations whose hard work has inspired communities to get involved with the arts. The awards, called #Artskickers Awards, are organised by a local mum @TheArtsCrusader who has teamed up with LoveEast magazine.

The awards are designed to celebrate, shout out and reward "people and organisations whose hard work, dedication, passion, slog and effort inspires communities to engage in and with the arts (all disciplines) in East London."

There are six categories, covering creative business owners, arts teachers, venues, galleries, workshop facilitators to arty kids and future artists. They would benefit people working at grass roots, fighting to make sure everyone gets the chance to experience the benefits that participation in the arts brings. Fabulous prizes have been donated by generous East London businesses.

Nominations are now open at [www.artskickersawards.com](http://www.artskickersawards.com) and the deadline for entries is 9.30am, 6 March.





# Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
or [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Don't forget to add your full name, age, address and contact  
number with your entry. We cannot return any entries.

## GALLERY



*Daria Sandu, 7*



*Liam Baldoza, 8*



*Allan Nuriyev, 7*



*James Nguyen, 8*



## Tickets to Stratford Picturehouse

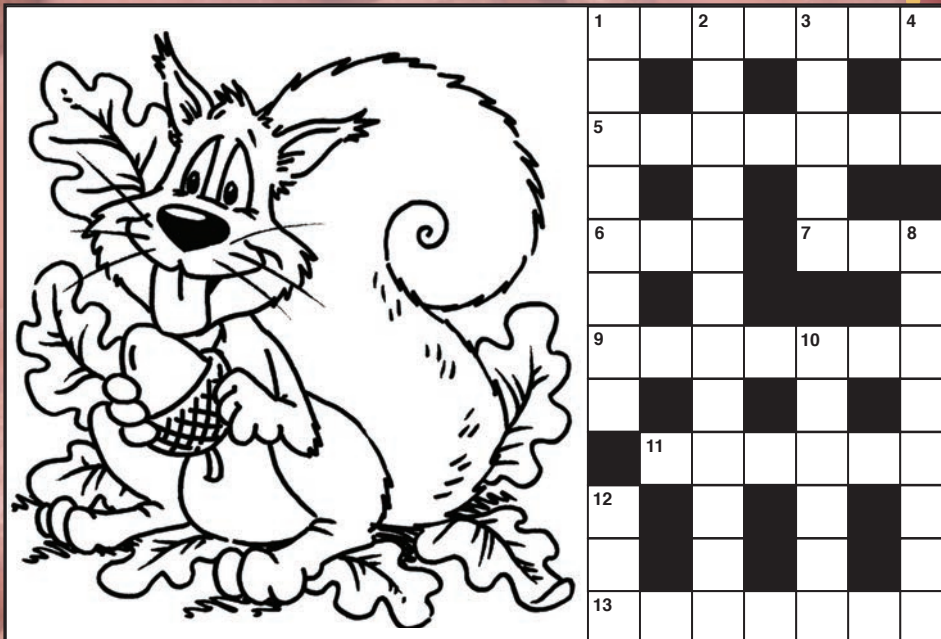
This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newham.mag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Stratford Picturehouse, Theatre Square, E15

# Colour-me-in Crossword



### Across

1. It is fried and some people eat one at breakfast (7)
5. Mythical animal with a single horn projecting from its forehead (7)
6. Fish eggs (3)
7. Cashew, pecan or almond (3)
9. Bathroom which is attached to a bedroom (2,5)
11. Dance form where the female dancers wear a tutu (6)
13. Helps (7)

### Down

1. Nut-eating rodent with a bushy tail (8)
2. Donald Trump is President of this country (6,6)
3. Fruit of the oak tree (5)
4. Very long period of time (3)
8. Places where plays are performed (8)
10. Dome-shaped ice-houses (6)
12. Small, green garden vegetable (3)

## Poem

### Alone

Alone. The moon is creeping  
over the sky,  
Shedding spectral glares of moonlight.  
I am staring into the incessant darkness,  
it is so enigmatic,  
Everything is so still, so quiet.

The grass beneath the soles  
of my bare feet,  
Are tipped with barbs and spike me.  
The twigs and brushwood scraping me,

Are growing off genuflecting trees.

Silence. The birds had left the trees and  
the wind no longer sings,  
The scurrying of yonder rodents  
banished from all beings.  
The saccharine melody of the  
red-breasted bird,  
Gone to afar no song can be heard.

A helix of my breath caught in  
the moonlight,  
Ashen. Trapped in the motionless night.

Gone are all colours, no flamboyant  
shades of the sun,  
I look up into space, the cyan sky  
has gone.

A fear is crawling over me, shivers  
swimming down my spine,  
I have lost all my senses, am I still alive?  
The cold is a parasite and the victim is I,  
What am I to do, in this solitary  
night time?

By Nia Peiris, 10





# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

1

**Open Mic Performance** – Free, excitingly funny, comedy, singing and music session. Every Saturday, 6-7.30pm, Canning Town Library, 103 Barking Road, E16

2

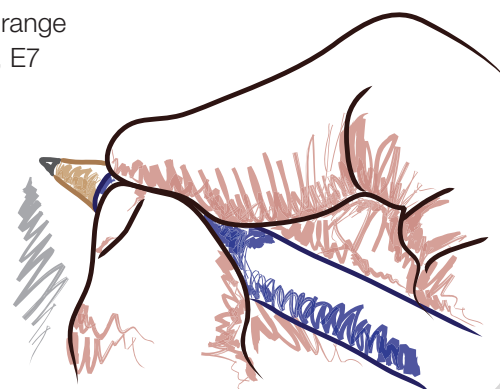
**Tracing your ancestry** – Ten-week introductory course starting from 6 March. Gain knowledge about local history, national resources and ancestry programmes. Booking essential. Monday, 5.30-7.30pm, The Gate Library, 2-6 Woodgrange Road, Forest Gate, E7

3

**Beginners' Ballroom** – Fun dance sessions provided by specialist instructors for over-18s only. £2.50 per session. Monday, 10am-12pm, St Paul's Church Centre, 227 Burges Road, East Ham, E6

## LIFE DRAWING

Come and experience the world of life drawing at a ten-week programme. Registration essential, limited space. Wednesday, 5.30-7.30pm, The Gate Library, 2-6 Woodgrange Road, Forest Gate, E7



## TRY SOMETHING NEW... ANY OLD IRONS

If you want to share memories of West Ham United, visit their training ground or stay connected online then join this five-week programme of activities provided in partnership with the West Ham Foundation and Friends for the Elderly. Booking essential so contact 0330 332 1110 or email [hello@fote.org.uk](mailto:hello@fote.org.uk) for more details. For 60+ Wednesday, 1-3pm, East Ham Library, 328 Barking Road, East Ham, E6.



### Indicates free sessions

*Libraries unless stated.*

#### UNDER-FIVES

#### **Toy Library**

Introducing toddlers to borrowing toys. *Thurs, 11am-12pm, Beckton*

#### **Storytelling**

*Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12.30pm, Green St; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich*

#### **Stay and Play**


Support for parents and carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C.; Sat, 12-1pm, Green St; Weds, 10am-12pm, Thurs,*

*9.30-11.30am, Sat, 11am-1pm, Stratford; Mon and Thurs, 1-3pm, Jack Cornwell C.C.*

**Jiggaree Session**   
*Fri, 10-11am, Jeyes C.C.*

**Reading Together**   
*Thurs, 2.30-3pm, Custom House*

**Bumps and Babies**   
*Fri, 2-4pm, The Gate*

**Move It To Music**   
Interactive session for children, parents and carers to dance to get active with music and dance. *Mon, 1.30-2.30pm, Stratford*

**Baby Massage**   
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136  
*Weds, 1-2pm, Stratford*

**Storytelling and Crafts**   
*Mon, 11-11.45am, Beckton*

**Sing-a-long**   
Storytelling and nursery rhymes



Tues, 10.30-11.30am, Beckton

### Rhyme Time

Tues, 10.30-11.15am, North Woolwich

### Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. Weds, 12.30-1.30pm, Manor Park

### Music and Movement

For children and parents or carers to get active using different types of dance and instruments. Tues, 9am-12pm, Plaistow

### Sensory Storytelling

Second and fourth Fri of month, 1-2pm, Green St

### Bumps and Bundles Group

Interactive session for parents and carers of babies under 18 months. Mon 10am-12pm, Stratford

## YOUNG PEOPLE

### Games Club (7-16yrs)

Sony PS3, Xbox360, Wii, board games and more. Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town

### Young Readers Club (7-12yrs)

Tues, 4-5.15pm, North Woolwich

### East Ham Youth Zone

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

### Froud Young Project (7-16yrs)

Mon, 3.30-5.30pm, Jack Cornwell C.C

### Arts and Craft Workshop (6-12yrs)

Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Tues, 4-5pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow; Tues, 3.30-5pm, The Gate

### Just Dance! (up to 12yrs)

Sat, 5.30-6.30pm, Green St

### Family Fun Night

Arts, crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

### East Ham IT Youth Zone

Support in using IT for homework and fun. Mon, 4-7pm, East Ham

### Family Movie Club

Sat, 3.30-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham; Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues and Sat, 4.30-6.30pm, Beckton Globe; Fri, 4-6pm, The Gate

### Young People's Positive Activities (9-19yrs)

Weds, Fri, 7-9pm, Harold Rd Centre

### Time-2-Craft (16yrs+)

Various handicrafts. Sat, 10am-12pm, Stratford

### Children's Movie Club (5yrs+)

Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton; Fri, 4-6pm, The Gate

### Table Tennis Mondays

Meet new people and try your hand at table tennis. Mon, 4-7.30pm (children), The Gate

### Lego Club

Create Lego models based on weekly themes, Sat, 3-4pm, The Gate.

### Wii games and karaoke

For entire family, 3-13yrs, with parents. Weds, 3.30-5pm (Wii games)

### Science Club

Thurs, 4-5pm, The Gate

### Gymnastics Classes

For boys and girls at Talent Central Cheer and Dance, Unit 27A, Gallions Reach Shopping Centre, E6. Tues and Thurs, Age 3+, 9.45-10.45am, 2pm-3pm; Weds, home school, 9.45-10.45am; Fri, mothers and babies, 10-10.45am. Call 0742 815 4301 to book.

### Tae Kwando Club

Contact khanqublackbelt@yahoo.co.uk or call 07984 684 805 for more info. Fri, 6.45-7.45pm, Green St.

### The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3-6pm, Stratford.

### Drama Theatre (13+)

Free drama workshop. Weds, 4.45-6.15pm, Plaistow

### Street Dance (13+)

Weds, 5-6pm, Plaistow

### Code Club (7-11)

Scratch, Python, cartoons, websites and more. Bring your laptop if you have one. Booking required. Sat, 10-11am for beginners or 11am-12pm for improvers. Custom House

### Junior Football Sports Coaching - activeNewham (7-12yrs)

Fri, 4-6pm, Jack Cornwell C.C

## ACTIVITIES AND SUPPORT

### Afternoon Tea

Weds, 4-5.30pm, Canning Town

### Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm (children), Weds, 6-7pm (adults), Canning Town; Weds, 5.30-7.30pm, Green St

### Coffee Mornings

Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom House; Fri, 11am-12pm, Green St

### Do It Online (18yrs+)

Computer classes. Weds, 2-3.30pm, Beckton; Tues, 10am-12pm, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow

### Knit & Natter (16yrs+)

Fri, 10.45am-12pm, Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds,

10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow

### ICT Drop-in Session

Set up a My Newham profile and create an email account. Weds, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford

### Life in the UK Classes

Support for people taking the life in the UK test and B1. Call 0208 542 3904. Tues, 10am-12pm, Beckton; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Plaistow

### ESOL for Beginners

For adults seeking to improve their English. Mon, Fri, 9.30am-11.30am, Field C.C; Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C

### Citizens Advice Sessions

Sessions on money management. 1st Mon of month, 11am-1pm, Manor Park

### Basic Computer Skills

Fri, 10.30am-12.30pm, Manor Park

### My Newham Workshop

Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm,

### English Conversation Club

Practise spoken English. Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow

### Stratford London

**Toastmasters** Public speaking club. First and third Mon of month, 6-8pm, Stratford

### Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

### Basic English for Beginners

Tues, 12.30-2.30pm, Green St

### Poetry Group (16+)

Sat 11am-1pm, Mon, 6-7.30pm, Stratford; Weds,



6-7.30pm, East Ham; Thurs, 6-7.30pm, Green St; Tues, 2-3.30pm, Jack Cornwell C. C.. Email [sonesquin@hotmail.com](mailto:sonesquin@hotmail.com)

### International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C

### Dominoes

Sat, 2.30-7pm, Beckton

### Conversation/debate

**Class for ESOL** Improve your spoken English with friendly beginners conversation and debate club. Thurs, 6-7.30pm, Stratford; Tues, 6-7.30pm, Canning Town.

### Memory Lane Café

For people with dementia and their carers. First Fri of month, 1.30-3.30pm, Stratford

**Hatha Yoga (18yrs+)** Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C

### Table Tennis Mondays

Mon, 11am-4pm, The Gate

**Board Games for Adults (18+)** Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, The Gate

### Time for Technology

Fri, 2-3.30pm, The Gate

### Chair Based Exercise Group

For all adults. Gentle stretches and exercises for all abilities. With qualified teachers. Mon, 12.30-1.30pm, Green Street.

### Textile Arts

Group with qualified teachers to learn and improve in embroidery, all ages. Mon, 6-7.30pm, Green St

### Workplace Drop-Ins

Every Fri, 10.30am, Green St; Thurs, 9 Mar, 2-5pm, Canning Town; Tues, 7 Mar, 2-5pm, Custom Hse; Tues, 28 Feb, 2-4pm, The Gate; Weds, 8 Mar, 3-5pm; Weds, 1 Mar, 2-4pm, Stratford. For more information email [rehana.b@newham.gov.uk](mailto:rehana.b@newham.gov.uk)

### Embroidery and Textile

**Club (16+)** Learn new sewing

skills or find new ways to make things using textiles. Thurs, 10.30am-12.30pm, embroidery; Thurs, 6.30-7.30pm textiles, Manor Park.

### Book Club and Creative Writing Group (15+)

Bestselling author of The Baby Ganesh Detective Agency Series, Vaseem Khan, hosts this event. Tues, 6-7.30pm, Manor Park (until April)

**Creative Writing and Poetry Group (16+)** Thurs, 6.30-7.30pm, Canning Town

### An app a day

Learn how to make the most of your devices. Thurs, 6-7.30pm, East Ham; Mon, 6-7.30pm, Canning Town; Tues, 6-7.30pm, Manor Park; Weds, 6-7.30pm, Stratford

### Every Child a Musician Karaoke Choir

All ages. Sat, 6-7pm, Canning Town

### Drop in Embroidery

**Class (50+)** Join our friendly embroidery group. No previous experience necessary, materials supplied. Mon, 11.30am-1.30pm, East Ham

### Pampering workshop for adults

Skin care, nail art or make your own products. Mon, 6-7.30pm; Fri, 11.30am-1pm, Manor Park

### Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

### Board Games for Adults

**(15+)** Play and learn about board games. Thurs, 5.30-7.30pm, The Gate

## COMMUNITY ACTIVITIES



### Mums2be Meetup

Information and support for expectant parents. Third Sat of every month, 10-11am. Email [newham@nct.org.uk](mailto:newham@nct.org.uk)

### Mums, Bumps and Babies

Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

### ManorFam

Brings families together to make friends. Mon, 2-3pm, Manor Park

### Singing for Health

Tues, 2pm, Jack Cornwell C. C

## BOXING AND SELF DEFENCE



### Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

### Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

### Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C

### West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

### Martial Arts (7-12yrs)

£2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

### Martial Arts

Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe; Sat, 2-4pm, Beckton C.C.

### Self Defence/Martial Arts

Learn new skills with our, fun, mixed martial arts classes. Open to all ages and abilities. Fri, 6.45-7.45pm, Stratford

### Bootcamp and Karate

Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

## HEALTH AND FITNESS



### Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton

C.C; Tues, 11.45am-12.45pm, Field C.C; Sat, 6.30-7.30pm, Stratford

### Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

### Tai Chi Class

Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

### Yoga

£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Mon, Tues, 6-7.30pm, Green St; Thurs, 6.15-7.45pm, The Gate; Tues, 1.30-3pm, Stratford

### Tone-Tastic (18+yrs)

Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

### Aerobics

Tues, 9.30-10.30am, Jack Cornwell C.C £2

### Keep Fit to Salsa (18+)

Sat, 2.30-5pm, The Gate

### Walking Group

Meet at the library. Sat, 10am-11am, Plaistow

### Stroke Club (18+)

For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Road C.C; Fri, 1.30-3.30pm, Jack Cornwell C.C.

### Relaxation & Yoga

Weds, 1.30pm-2.45pm, Well Community Centre, Vicarage Lane, East Ham.

### Zumba classes

London Tamil Sangam Centre, 369 High St North. Thurs, 7-8pm, £5 per class. Call 07720 805505

### Mixed Ability Dance Group

Learn new dance jam moves and make new friends in our monthly group, open to all abilities. Weds, 5.30-7.30pm, Stratford.

### Gentle Exercise (18+)

Thurs, 10-11am, East Ham



## Hula Hooping ★

Fun sessions. No experience needed. **Weds, 6-7pm (18+), Stratford**; **Tues, 5.30-6.30pm (all ages), East Ham**

## Flamenco Dancing ★

Flamenco dancing session, suitable for all ages. **Sat, 11am-12pm, East Ham.**

## Adult Drama Workshop

**Mon, 6-7.30pm, East Ham**

## Pilates Classes (18+) ★

**Mon, 10-11am, East Ham**; **Mon 9.30-10.30am, Jack Cornwell C.C.** **Thurs, 6-7pm, Manor Park**

### 50+ ACTIVITIES

## Bingo ★

**Mon, 1-2pm, Beckton C.C.**; **Mon, 12-4pm, Jeyes C.C.**; **Thurs, 7-9pm, Jack Cornwell C.C.**

## ICCAN

Faith based group with cultural activities. **Fri, 12-2pm, Jeyes C.C.**

## Active Centre Group

**Weds, 12-4pm, Field C.C.**; **Mon, Weds, Fri, 1.30-4pm, Beckton C.C.**

## Dominoes Group ★

**Fri, 5-9pm, Field C.C.**; **Weds, 1.30-4.30pm, Plaistow**

## Chair Based Yoga ★

**Tues, 12.30-1.30pm, Manor Park**

## Forever Young ★

Enjoy community activities and make new friends. **Weds, 11am-1pm, Beckton**; **Weds, 10.30am-12.30pm, Field C.C.**

## Happy Living Club ★

Indoor/outdoor activities. **Tues, Weds, 1.30-5.30pm, Jeyes C.C.**

## Holiday Spanish Club ★

**Weds, 12.30-1.30pm, Manor Park**

## Walking Football ★

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. **Tues, 10-11am, Priory Park**

**Get Active, Get Healthy, and Exercises for Fitness** **Thurs, 11-12pm, Jack Cornwell C.C.** ★

## Get Active, Get Healthy ★

### – Walk to the Park

**Mon, 10.30-11.30am, Manor Park**

## Community Food Growing Project ★

**Weds, 10am-12pm, fortnightly, East Ham**

## Community Cooking ★

**Project** Six-week course. £6. **Tues, 10am-12pm and 12.30-2.30pm, East Ham**

## Pilates Class ★

**Tues, 9.30-10.30am, Field C.C.**

## Chair Based Exercise ★

For all fitness levels. **Fri, 10.30-11.30am, East Ham**, **Tues, 5-6pm, Stratford**, **Weds, 10.45-11.45am, Community Road Centre, E15**

## Fitness ★

**Fitness circuit, mixed, 9.15-10am, Thurs**; **Fitness circuit, mixed, 10-10.45am, Thurs**; **Zumba, 1-2pm, Tues, ladies only**; **Exercise for ladies, 9.30-10.30am, Fri**; **Exercise for ladies, 10.30-11.30am, Fri**, **yoga for ladies, 1-2pm, Fri**. **Katherine Road C.C.**; **Tues, 11am-1.30pm, Beckton C.C.**

## Games and Friendship Club ★

Chat and make friends over games and a cuppa. **Thurs, 11am-1pm, East Ham**

## Weekly Tea Dance ★

**Weds, 2.30-4pm for 10 weeks. The Hub C.C.**

## Functional Fitness ★

Build the total-body strength you need for everyday life with this practical program. **Tues, 6-7pm, Stratford.**

## Pilates and Back Care Class

**Mon, 10-11am, East Ham**

## Art Class ★

Booking essential. **Fri, 11am-1pm, The Gate**

**Line Dancing** **Thurs, 10.30-11.30am, Bryant St C.C.**

## Carers Exercise Class

**Thurs, 11am-12pm, Manor Park**

## Passport for Health

**Weds, 10.30-11.30am, Jack Cornwell C.C.**

## Aqua Fit ★

**Mon, 2.30-3.30pm, Atherton Leisure Centre, no booking needed.**

## Body Balance

**Weds, 2.30-3.30pm, Atherton Leisure Centre, no booking required.**

**Healthy Lifestyle** Ten-week programme delivered by the West Ham Foundation. **Thurs, 12-1pm, Manor Park**

### GREEN

**Green Gym** **Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6.** Call 07845 973156 ★

**Green Volunteering** **Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)**

## Garden Club ★

**Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15**

## Gardening Thymes ★

**Gardening Club** **Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6**

## Caravanserai Garden

**Volunteering** **Thurs and Sat, 11am-3pm, Silvertown Wy, E16.** For information call 07773 863384

**Community Gardening** **Tues, 11.30am-2.30pm, St John's Green Community Garden**

## Greenway Orchard

**Volunteering** Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Road. **Thurs, 11am-2pm.**

## Foraging Walks Planning

**Meetings** Suitable for all age groups, under 8s must be accompanied. **Thurs, 6-8pm, North Woolwich Newham C**

### DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

## Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym.

**Tues, 6-7pm, Newham Leisure Centre, E13.** Call 07718 394756

## Gym & Basketball (14yrs+)

**Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16**

### FEMALE SPORTS

## Basketball Sessions ★

**Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20**

## Female Boxfit (14yrs+) ★

**Mon, 4.15-5.15pm, Balaam Leisure Centre, E13.** Call 07970 783526

## Girls Group Cycling (11-15 yrs)

**Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13**

## Modern Arnis Martial Arts (16yrs+) ★

**Tues, 5-6pm.** Call 07473 030250. **Jack Cornwell C.C.**

## Female Only Gym Sessions

**Mon, 3-4pm, 16-25yrs.** **Mon and Weds, 7.30-10.30pm.** **Tues and Thurs, 12-1.30pm.** **Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13.** £4.65

## Get Back into Netball

**Tues, 6-7.30pm, juniors; 7.30-9pm, seniors.** £5. **Lister Community School, E13.** Email: opanetballclub@hotmail.com

## Abs Blast (11-15yrs) ★

**Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13**

## Fun Female Fitness (14yrs+)

**Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER.** Email: sports@newham.ac.uk

## Female Only Zumba

**Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7.** **Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6.** £1. Call 07741 292893; **Thurs, 10.15-11.15am, Stratford, £2.50;** **Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE.** £2.50



## Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm,  
Newham Leisure Centre, E13

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

## Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

## Swim for Families Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

## Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

## Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

## RUNNING AND ATHLETICS

### Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 [www.parkrun.org/beckton](http://www.parkrun.org/beckton)

### East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

### Running and Athletics

The Beagles Academy Athletics for schools, Years 2 to 7. Visit [www.beaglesacademy.com](http://www.beaglesacademy.com) for more details

## SPORTS

### Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269226

## Black Arrows Badminton

**Club** Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

## Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: [michelle.daniel@activenewham.org.uk](mailto:michelle.daniel@activenewham.org.uk) 07741 293513

## FOOTBALL

## AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

## Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

## Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

## WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

## Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Lane, E16. Call 07806 584925 or 020 7511 1232

## BASKETBALL

## Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

## Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

## NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk) or call 020 8257 4255

## Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

## Basketball

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)

## COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

**Mon, 27 Feb, 7pm,** Council

**Weds, 1 Mar, 7pm,** Health and Wellbeing Board

**Mon, 6 Mar, 6.30pm** Newham Schools Forum, Francis House, 760 Barking Rd, E13; **7pm,** Local Development Cttee, Old Town Hall, Stratford

**Tues, 7 Mar, 3pm,** Employment and Enterprise Partnership Action Board, Lister Room, East Ham Town Hall

## CONTACT THE MAYOR

### Here to Help sessions

Please register 30 minutes before session starts.

**Thurs, 2 Mar, 11am,** Old Town Hall Stratford, 29 The Broadway, Stratford E15 4BQ  
**Thurs, 9 Mar, 11am,** Canning Town Library, 105a Barking Rd, London E16 4HQ

### Telephone surgery

**Weds, 8 Mar.** Please call 020 8430 2000 between 10am and 11am

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6  
**Canning Town** Barking Rd, E16  
**Custom House** Prince Regent Ln, E16  
**East Ham** 328 Barking Rd, E6  
**Green Street** 337-341 Green St, E13  
**The Gate** 2-6 Woodgrange Rd, E7  
**Manor Park** 685-691 Romford Rd, E12  
**North Woolwich** 5 Pier Parade, E16  
**Plaistow** North St, E13  
**Stratford** 3 The Grove, E15  
**Archives and Local Studies** 020 3373 6881  
**Community Outreach** 020 337 30813  
**Church of God** 37 Manor Park Road, E12, 020 8911 9494

### LEISURE & SPORTS VENUES

**Atherton Leisure Centre** 189 Romford Rd, E15  
**Balaam Leisure Centre** 14 Balaam St, E13  
**East Ham Leisure Centre** 324 Barking Rd, E6  
**Newham Leisure Centre** 281 Prince Regent Ln, E13  
**NewVic** Prince Regent Ln, E13  
**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C.)

**Beckton Community Centre** 14 Manor Wy, E6, 020 7511 1214  
**East Ham Market Hall** Myrtle Rd, E6 1HY, 020 8471 0292  
**Field Community Centre** 147 Station Rd, E7 020 8536 2800  
**Grassroots Centre** Memorial Park, Memorial Ave, E15, 020 3373 0650  
**The Hub** 123 Star Ln, E16 020 3373 0750  
**Jack Cornwell Community Centre** Jack Cornwell St, E12 020 8553 3459  
**Jeyes Community Centre** 1 James Cl, E13, 020 3373 2205  
**Katherine Rd Community Centre** 254 Katherine Rd, E7, 020 8548 9825  
**St Mark's Community Centre** 218 Tollgate Rd, E6, 020 7474 1687  
**Vicarage Ln Community Centre** Govier Cl, E15, 020 8519 0235  
**Harold Rd Centre** 170 Harold Road, E13 OSE, 020 8472 2805  
**Queens Market** Green St, E13  
**Rabbits Rd Institute** 835 Romford Rd, London E12 5JY  
**Royal Docks Learning Activity Centre** Albert Rd, North Woolwich, E16 2JB  
**St John's Green Community Garden** Albert Rd, North Woolwich E16 2JB  
**St Bartholomew's Church & Centre,** 292b Barking Road, E6 3BA  
**London Road,** 1 London Road, E13 0AT  
**The Community Resource Centre,** 200 Chargeable Lane, E13 8DW 020 3373 2697  
**St. Paul's Church Centre,** 227 Burges Rd, E6 2EU





**1,000 FREE places  
for residents**

## **Great Newham London Run 2017**

Follow in the footsteps of Mo Farah,  
Usain Bolt and Jessica Ennis-Hill by taking  
part in the Great Newham London Run

**Sunday 2 July 2017,  
Queen Elizabeth Olympic Park**

Find out more at [\*\*greatrun.org/london\*\*](http://greatrun.org/london)



# CELEBRATING INTERNATIONAL WOMEN'S DAY

A week of free events to mark the achievements of local women



Newham Council is hosting a series of free events to mark International Women's Day on 8 March. The theme for this year's campaign is 'Be Bold For Change', so come along to be part of the movement towards a more inclusive, gender equal world.



## **Tuesday 7 March**

### **Coffee and Networking Session**

Beckton Globe, 1 Kingsford Way, E6 5JQ  
(11.30am-1.30pm)

Discussing female empowerment and other issues affecting women across the world.

## **Wednesday 8 March**

### **A Celebration of Women in Newham**

Newham College, East Ham Campus,  
High Street South, E6 6ER (9.30am-12.30pm)

Join us to celebrate the achievements of women who have made a real difference to life in Newham, with poetry, performances, inspirational speakers and much more.

## **Thursday 9 March**

### **Women and Arts**

Stratford Circus Arts Centre,  
Theatre Square, E15 1BX (9.30am-1.30pm)  
Come along for an exhibition of work from talented local female artists.

## **Friday 10 March**

### **Women's Information, Advice and Guidance Seminar**

Forest Gate Learning Zone, 1 Woodford Road,  
E7 0DH (10am-1.30pm)

Discussions and advice on money management, employment, housing, fostering and much more.

### **Women's Movie Night**

Stratford Library, The Grove, E15 1EL (6-9pm)

A special screening of the film 'Made in Dagenham' to highlight the historical achievements of women in the workplace.

### **Places are limited.**

To register your interest for any of these events:

**Email:** [noreen.mukalazi@newham.gov.uk](mailto:noreen.mukalazi@newham.gov.uk)

**Call:** 020 3373 0332 or 07814 615 350.

# #BeBoldForChange



International  
Women's Day